

# Mediterranean diet and beyond

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**Stellingen behorende bij het proefschrift  
van EMILIA RUGGIERO**

**“MEDITERRANEAN DIET AND BEYOND: AN ITALIAN PERSPECTIVE”**

**Maastricht, March 1<sup>st</sup> 2021**

1. A downward trend in the adherence to some of the staple food groups of a Mediterranean Diet contributes to developing cardiovascular disease, cancer and neurodegenerative diseases, as well as all-cause mortality (This thesis).
2. Originally, but not today, the traditional Mediterranean diet was the typical diet of the poorest groups. Large amount of plant foods, some fish, olive oil as main fat source, moderate wine intake during frugal meals did convey health advantages to the Mediterranean populations (This thesis).
3. There is much truth in the quote: “To do good work one must eat well, be well housed, ..., and drink one’s coffee in peace.” (Vincent Van Gogh, Dutch, painter, coffee, International Coffee Day Sept. 30 – Oct 1) (This thesis).
4. Spice up your life: chili pepper can help live longer (This thesis).
5. “We all know olive oil, it’s in our DNA. Olive oil is not only health ... it is culture, it is tradition, it is the economy, it is the environment” (Food Expo 2019, Athens, Antonia Trichopoulou).
6. “Wine was created from the beginning to make men joyful, and not to make them drunk. Wine drunken with moderation is the joy of the soul and the heart” (Ecclesiasticus 35:36).
7. The influence of industrial processing on the state of human health - and in particular the techniques and ingredients developed by modern food science and technology - is generally underestimated” (Monteiro CA, et al. 2019. Ultra-processed foods, diet quality and human health. Rome, FAO).
8. The food pyramid becomes the double food and environmental pyramid (Barilla Center for Food & Nutrition).